

What are the possible benefits of taking part?

The information we get from the study may help us to describe the characteristics of patients with breathlessness. It will help us understand the health outcomes at one year.

This will help inform how best to treat people in the future with breathlessness like you.

Expenses and payments

You will receive travel expenses for attending the research visits and it will be possible to arrange transport for you. Refreshments will be provided such as tea and coffee.

I am interested in knowing more about the Breathlessness Cohort study, what do I do now?

Please complete the reply slip enclosed and return this to the study team.

If you have a question for the study team, please contact us and we will be happy to help.



Please contact the study team for more information:

☎ 0116 258 3370

✉ breathlessness@leicester.ac.uk

Alternatively, you can discuss the study with your GP.

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**Leicester Biomedical
Research Centre**



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- ✓ Experiencing breathlessness for more than two months?
- ✓ Recently attended your GP for the above?
- ✓ Aged 50 years or older?

You may be eligible to participate in our research study!

Breathlessness

Breathlessness is typically due to exertion.

There are many causes of breathlessness.

There is very little information about what happens to people after they first see their GP with breathlessness.

Doctors therefore have difficulty knowing who is at risk of getting worse over time.

Potential consequences of breathlessness

Patients who suffer from breathlessness tend to reduce physical exertion to avoid their symptoms.

In chronic lung disease, doing less can lead to negative effects.

These include weaker leg muscles, feelings of low mood or anxiety, and becoming slower physically.

These negative effects could be linked to the symptom of breathlessness rather than specific diseases. They may also be linked to worse outcomes.

What is the purpose of the study?

The main aim of this study is to understand the future health of individuals with breathlessness.

We want to understand which people are admitted to hospital or have a worse outcome. This will help us understand which people need further help.

We wish to describe the features of people with breathlessness and how these change over one year.

These features include walking ability, muscle strength, balance, mobility and health-related quality of life.

We hope to understand which features are important and which may need specific treatments.

Who is invited to take part in the study?

You will be invited to take part if you:

- ✓ are over 50 years old
- ✓ have presented to your GP with persistent breathlessness for over two months

What will I have to do if I decide to take part in the study?

You will need to attend three research visits over 12 months at the Biomedical Research Centre (Respiratory), located within Glenfield Hospital. Each visit will last approximately two hours. You will be asked to

- supply information about your breathlessness and medical history
- have your blood pressure and body measurements recorded
- do two walking tests
- do some simple balance and mobility tests
- do a handgrip and thigh muscle strength test
- have a fasting blood sample taken and stored for future analysis (with your permission)
- complete some short questionnaires
- wear physical activity monitors for seven days at home